



Join our talented instructor Sue Ebbeson as she helps you to lead a more balanced and healthy life with these yoga classes.

**GENTLE FLOW YOGA:** This class blends strength with flexibility and is great for anyone who is fit and active and wants a yoga class that emphasizes holding the poses. Stretching out those tight muscles can reduce the risk of injuries so this class is perfect for active bodies of all kinds.

**Day/Time:** Tuesdays, 9:00-10:15am

Thursdays, 9:00-10:15am

**Cost:** \$60/8 pass class

**Where:** Tuck Building

**ALL LEVELS YOGA:** This class is for people who work out regularly including: runners, bikers, walkers, golfers, gardeners or anybody with an active lifestyle. Participants will learn how to use yoga to prevent injuries, improve flexibility and better your self.

**Day/Time:** Mondays, 5:00 to 6:15pm

**Cost:** \$60/8 pass class

**Where:** Tuck Building

Please note there will be **no class the third Monday of each month.**

**Note:** Bring your Yoga mat and a bottle of water!



Sign up in person at the class or drop by the Hampton Rec office, 2nd floor Town Hall to register.